

# Farm & Forest

Working together to conserve active farms and forests in King County

August 1998

## Southeast Seattle Opens New Farmers Market

Seattle's newest farmers market, the **Columbia City Farmers Market**, opened with great fanfare Wednesday, June 3. Nearly 1,500 shoppers bought fresh produce, flowers, honey, baked goods and plant starts from 28 vendors. The market is modeled after the highly successful University District Farmers Market and open to farmers who grow their own crops.

A group of community residents from several neighborhoods in southeast Seattle organized the new farmers market to provide direct marketing opportunities for local farmers and to draw people to patronize local businesses.

One seasoned market farmer said she was impressed with the crowd's energy, kindness, and enthusiasm. Other farmers enjoyed the variety of shoppers at the market. Located in a part of the city with very few outlets that sell high quality, fresh produce, Columbia City residents find the new market a refreshing addition to the community. Market organizers and farmers attribute the market's early success to its central location and extensive outreach efforts. The **King County Farm and Forest Initiative**, **King County Councilmember Pelz's office** and **Seattle's Department of Neighborhoods** provided funding for startup and promotion.

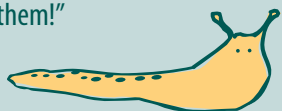


Located in southeast Seattle at 4801 Rainier Ave. S, the Columbia City Farmers Market operates from 3:00 - 7:00 p.m. every Wednesday through October 7. To learn more about the market, contact **Karen Kinney** at (206) 722-4835.

## Creating a Small Family Farm that Works

### Pest Management

The Gregsons don't use even organic pesticides; instead they work around pests. On the rare occasion that a crop succumbs to insect pests, they pull it out and plant something different. A "friend strip" of grasses and other plants draws beneficial insects naturally, and they rotate their crops each year to foil pests. The Gregsons interplant lots of flowers with their food crops – to attract beneficial insects, to sell, and because "this is our office and we like them!"



**Bob and Bonnie Gregson** will tell you that the small family farm is alive and well – and they should know. Their Island Meadow Farm on Vashon Island is thriving, thanks to lots of hard work and two heads for business. And they're convinced that what's worked for them can work for others.

Bob and Bonnie are the full labor force at Island Meadow – there's no hired help. They both work full time on the farm, where all their certified organic farming is done on one acre of land. One-third of the Gregsons' business is community supported agriculture (subscription farming) and their farm stand does the rest.

### Words to Farm by

After ten years of farming ("five years to figure things out and the last years learning the business end," according to Bob), the



Gregsons are pretty clear on what works for a small family farm. They say:

- Make a low capital investment
- Sell directly to the buyer ("people love the relationship")
- Sell at least one "value added" product, such as salad mix
- Grow organic, because of the philosophy and it brings a premium price

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# Haywoods Demonstrate Small Scale Forest Stewardship in Enumclaw

When **Shelly and Alan Haywood** bought 11 acres of pasture and forest land just outside Enumclaw in 1993, they planned from the start to retain as many trees as possible. Five dedicated years later, the Haywoods' site is a model of forest stewardship on small acreage, with diverse tree species providing a windbreak, significant wildlife habitat and recreation for themselves and their neighbors.

## Goals for Their Forest Land

One of Shelly and Alan's primary goals was to create a **shelterwood stand** from their trees. They cut some of the existing forest stand to create enough open space and light on the forest floor for new tree growth. The Haywoods planted 2,800 trees and shrubs — almost all native species — on 4 acres. They used 45 to 50% Douglas fir (instead of what Shelly calls "the traditional 99% Doug fir"), with Western red cedar, Western hemlock and Sitka spruce. For the understory, the Haywoods planted native conifers and deciduous shrubs.

The Haywoods also worked to keep existing **wildlife** on the land and attract more, especially birds, owls and other raptors, bats, deer and elk. In addition to nut and fruit-bearing trees for wildlife forage, the forest includes songbird houses, raptor platforms, bat and owl boxes and water stations. Alan and Shelly also "planted" several dead trees to create the snags that wildlife love. And wildlife do enjoy the Haywoods' forest — in addition to a mating pair of Cooper's hawks and numerous other birds, a herd of elk use the property. The elk's enjoyment can be a mixed blessing, with young trees becoming an "elk salad bar," and needing mesh browse protection tubes to guard their tender new growth.

No less important is the role the forest stand plays in enhancing **human**



**habitat.** The Haywoods have set out picnic tables and keep an access trail mowed through the middle of the stand where five year old Alison enjoys the woods, the neighbors ride their horses and Shelly gives frequent educational tours.

## How Did They Do It?

The Haywoods made their forest stand a reality with lots of hard work — at least 300 hours of the family's labor — and plenty of advice and assistance from County and State experts. Early on, Shelly took the "coached" farm/forest planning class for landowners, now coordinated by **Dan Douglas, (206) 296-7166, of King County Department of Development and Environmental Services (DDES)**. Based on the class, and with help from **Washington State Department of Natural Resources (DNR)** forester **Don Theoe** and wildlife biologist **Jim Bottorff**, the Haywoods came up with a 10-year **Forest Management Plan**. Creating this plan made them eligible for DNR's Stewardship Incentive Program, and its grant program, through which Shelly and her family paid for mulch mats, browse protection tubes, trees and site preparation. Another financial boost came from enrolling the property under **King County's Public Benefit Rating System (PBRs)**. In return for good stewardship of their open space, the Haywoods receive a tax benefit. Please call **Ted Sullivan** at **(206) 205-5170** for details about PBRs.

## Showing Others It Can Be Done

Despite all the good work the Haywoods have done on their land, Shelly admits she can get discouraged by the unsustainable forest practices she sees elsewhere in the



Shelly Haywood

County. But the Haywoods are making a difference by showing others that small scale forestry can work on a typical rural parcel. Shelly has led numerous tours of her site for County and State stewardship classes, and it's clear her message is getting through — both in the community and close to home. After Alan Haywood gave a talk on planting trees at an elementary school, five-year-old Alison Haywood piped up, too. "When cities get bigger, wildlife gets smaller," she said. "That's why we need to plant trees whenever we build things."





# Updates

## First Community Agriculture Grants Awarded

King County's new Community Agriculture Grants Program awarded almost \$100,000 this spring to a diverse collection of neighborhood, educational and growers' organizations. The money will help launch a variety of programs to increase public awareness and support of local farming and farm products. The proposed projects will improve the marketing of local farmers' goods, encourage youth participation in agriculture, promote innovation in local farming products and processes, and provide education and resources for all kinds of local farmers.

Successful grant applicants were: **Delridge Neighborhood Development Association, Enumclaw Future Farmers of America, Indochinese Farmers Association, Industrial Skills, Puget Food and Farm, Puget Sound Purebred Sheep Breeders Association, Seattle Tilth, Seattle Youth Garden Works, Vashon Farmers' Market Stand, Full Circle Organics, Washington State University (WSU), WSU Cooperative Extension and Wannabe Farmers.**

## More Grants Available

Got a great idea along the same lines? Another round of Community Agriculture Grants will be awarded by the **King County Agriculture Commission** next fall. Call (206) 205-9888 to get your application. The applications will be mailed after August 17<sup>th</sup> and the completed proposals are due October 23<sup>rd</sup>.

## Forest Advisors and Other Resources Available

Congratulations to all the 38 folks who have completed the WSU Cooperative Extension forest advisor training! This eight week course focuses on sustainable forestry, and includes information on wildlife, water quality, alternative forest products, forest incentive programs and forest health. After completing their training, forest advisors agree to volunteer 40 hours working on forestry projects, providing information and resources on forestry, writing articles, conducting research, leading tours, or making presentations. Hats off to **Bonnie Remlinger, Denny Redman and Clyde Shoe** who have already completed their 40 hours of volunteering. Forest advisors are available to answer landowner questions about forestry and provide them with resources or referrals.

The Cooperative Extension will present a workshop on **Forest Health for Nonindustrial Private Forest Landowners** on Saturday, September 12<sup>th</sup> from 9:00 -3:00 in the Issaquah area. Topics will include insects, diseases, fire, hazard trees, animal and construction damage. The workshop will include classroom and field components. Enrollment is limited.

To contact a forest advisor, register for the forest health workshop or suggest ideas for future forestry workshops, please contact **Stephen Sax at WSU Cooperative Extension at (206) 296-3900 or 1-800-325-6165.**

## Western Washington Forest Owners' Field Day

The King County Department of Natural Resources Forestry Program is co-sponsoring the Western Washington Forest Owners' Field Day on Saturday, September 19, 1998 in Arlington at the **Pilchuck Tree Farm**. The purpose of this one day event is to present and **demonstrate** field forestry information to landowners.

Topics include site preparation and reforestation, thinning and pruning, horse logging and small scale harvesting systems, wildlife habitat enhancement, forest health, timber marketing, and more. There will also be an intensive 3 hour small woodlot management session. Call **Bill Loeber** at (206) 296-7821 or **Loy Jones** at (206) 296-7820 for further information.

## Livestock Advisor Training

The next WSU Cooperative Extension Livestock Advisor Training begins in September. This extensive program is for livestock owners to learn more about livestock and to share that knowledge with their communities. For information, please call **Doug Stienbarger, WSU Cooperative Extension (206)296-3900** or **Laurie Clinton, KC Livestock Programs (206)296-1471.**

## Attention Livestock Owners!

The Livestock Management Ordinance goes into effect on December 31, 1998. Please call **Laurie Clinton** at (206)296-1471 if you have any questions, or would like to have a presentation on the Ordinance for your group or club.

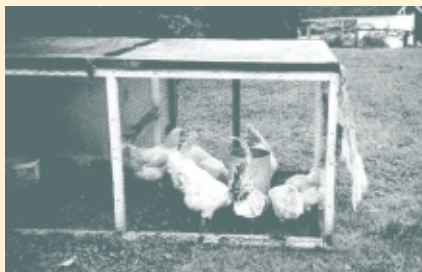


## Supporting and Linking King County's Farmers

With their combination of experience and communication skills, Bob and Bonnie are natural advocates for family farms. The County is lucky to have their involvement in its programs, especially through Bob's recent tenure as chair of the **King County Agriculture Commission**. Under his leadership, the County began promoting the **Puget Sound Fresh** marketing program to support local farmers and working on **Farm Link**, a program that connects veteran or retiring farmers with people new to farming.

## Intangible Rewards

The Gregsons have given a lot to farming in King County, but believe that farming has paid them back handsomely. They left the corporate world ten years ago and have never looked back. "We wanted a total life change and we got it!" laughs Bonnie. One of farming's greatest rewards, according to Bob, is "being back in tune with natural cycles. Instead of observing the natural world through the picture window," he notes, "we're in the picture itself."



## FREE WORKSHOPS!



WSU Cooperative Extension in King County is offering a series of free workshops available to farmers, and those interested in farming, in King County and surrounding areas. Beginning in September and continuing over the next year, the series will cover crop and livestock farming as well as marketing and business aspects of small farm operations. For more information contact Rebecca LiaBraaten at (206) 205-6388, or email her at [rebecca.liabraaten@metrokc.gov](mailto:rebecca.liabraaten@metrokc.gov).



KING COUNTY  
Department of Natural Resources

## Water and Land Resources Division

Resource Lands and Open Space Section

810 Third Avenue, Suite 350

Seattle, WA 98104

## Buy Puget Sound Fresh

Look for the Puget Sound Fresh label at Larry's Market, Thriftway, Safeway and City Greens. Buying food with this label helps keep our local farmers farming. Visit the King County Farming website at [www.metrokc.gov/farms/](http://www.metrokc.gov/farms/)



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